



People with disabilities break boundaries on a trip of a lifetime

For people with disabilities, touring the outback can seem out of reach as a combination of disheartening boundaries can limit opportunities: high level care needs, lack of modified transport, opportunity and financial cost.

No longer is this dream out of reach for 10 young go-getters with varying disabilities aged 16 to 32, who embarked on an epic 16 day 4WD journey of a lifetime from 30 May 2009.

These young adults, who are all supported by Northcott Disability Services, toured the extreme wilderness of the Australian Outback; from Central Western NSW to as far as the Simpson Desert in South Australia.

The trip is organised by Northcott Disability Services in conjunction with Drive4Life, a not-for-profit organisation set up by 4WD enthusiasts who conduct various outback tours.

The purpose of this tour was to break boundaries and stereotypes of people with disabilities.

Highlights of the adventure included traversing "Big Red"; the tallest dune in the Simpson Desert, camping throughout the outback and visiting Tibooburra; famous for being the hottest place in NSW.

All 12 new 4WD vehicles and fuel have been generously donated by Toyota, with IGA supermarkets providing groceries along the way.

Drive4Life will be hosting a 4WD trip to the Simpson Desert in Queensland and South Australia from 6-11 August to raise money for Northcott Disability Services. To register or for more information on the adventure, please visit www.drive4life.com.au

Message From the CEO

Dear friends,

Northcott's 80th birthday began with a civic reception in Wagga Wagga in April, hosted by the Mayor and ably supported by the Northcott Auxilliary. It was a wonderful evening and was followed by a picnic with clients, carers, staff and supporters. I was very pleased to be able to attend, and thank the wonderful people of Wagga Wagga for their support over many years of the work we do in the Riverina area.

In May we were able to officially launch the Northcott Ambassadors for 2009 and celebrate our birthday at NSW Government House, with our patron Her Excellency Professor Marie Bashir, Governor of New South Wales. Many of our valued supporters were able to attend the afternoon tea, and hear from two of our client Ambassadors, Jaquie Facaris and Ingrid Kelly, about the importance of the services Northcott provides to them, and to their fellow clients and carers. I am very pleased to have people like Jacqui and Ingrid to speak on our behalf.

Similarly, our celebrity ambassadors, who include two former Northcott clients in Susie Maroney and Jayme Paris, are able to speak for Northcott and spread the word about the type of services we provide, and the way in which we provide them. It is very important that we use this 80th year as an opportunity to grow the recognition of Northcott in the community as an organisation synonymous with the provision of services for people with a disability that improves their ability to reach their goals and lead full and rewarding lives. There is still a great deal of unmet need in NSW, and Northcott can only help fill it if we are known to both prospective clients and prospective supporters. I would like to ask all of you, as members of the Northcott family, to help us let people know who we are and what we do.

We are growing very rapidly at the moment. In the last twelve months we have employed more than 100 extra staff, and taken on a range of new projects and programs. At the same time, the financial crisis is having a substantial impact on our income, through our investments and donations. It is important that we keep manage carefully and sensitively over the next 2-3 years, so that we neither lose focus on the values of our service nor overextend our staff. To this end, we have begun to consult some of our long term and generous supporters and corporate partners about how they think we could best engage the community to support us. This is an exciting new development, and we had a very successful meeting last week with a group of major Northcott supporters who gave us very helpful advice and suggestions. This is an area of activity I intend to expand.



Finally, a wonderful piece of news is that Mr Glenn Gardner, former CEO of Northcott, has been made a Member of the Order of Australia in the Queen's Birthday Honours list for his services to the community, particularly to people with a disability through the Northcott Society. This is a great tribute to both Glenn and the work that Northcott has done, and I know you will all join me in congratulating him.

A handwritten signature in black ink, which appears to read 'Kerry Stubbs'. The signature is fluid and cursive.

Kerry Stubbs
CEO

Here's to you!

Northcott has enjoyed a partnership with Coleman & Greig - the leading law firm in greater western Sydney since 1994. Recently Northcott teamed up with Coleman & Greig for Northcott's second Celebrity Doodle Auction - a night of cocktails, canapés and autographed celebrity artwork raising over \$5,000 for Northcott's Recreation Service.

GHD is an international professional services company who partnered with Northcott for a Women in Sport Breakfast that raised \$7,000 for wheelchairs

for Northcott's Equipment Loan Pool, donated \$5,000 at their 80th Anniversary celebration, have donated their time and expertise in designing plans for modifications to our sites and recently purchased a neater eater for clients who require assistance to feed themselves.

Long-term supporters Good-as-New totalling over \$6,000 for equipment for Tamworth and Sureway Employment donated \$10,000 for Wagga Wagga Centre Based Respite.

P.L.A.Y. is the Key

1 in 160 Australian children aged between 6 and 12 years have an Autism Spectrum Disorder (ASD). With no cure for this challenging disorder and only a few treatment options, ASD lasts a lifetime.

The P.L.A.Y (Play and Language for Autistic Youngsters) Project, a family-centred and innovative early intervention program for children (18 months to 7 years) with ASD is now available to Northcott Disability Services, the first Australian organisation.

Dr Richard Solomon, Medical Director and Creator of the innovative program arrived on Australian shores from America in April 2009, teaching parents and professionals on the fundamentals of this intensive home-based intervention, which uses play-based approaches. Popularly known as 'Floortime', this model encourages parents to get down on the floor and play with the child at their level.

The methods and techniques are designed to help children resolve the three core deficits of autism: self-isolation and impaired social skills, language delay and impaired communication, and stereotyped or repetitive behaviours.

In comparison to other treatment options, the P.L.A.Y Project trains parents within their homes to provide the hours of intervention their children need in a familiar setting. By emphasising the importance of helping parents become their child's best play partner, the child gains important social and language skills while reducing stress and pressure on the family.

For more information on the P.L.A.Y project please call Northcott's Autism Support Line: 1800 004 957



[L to R] Medical Director of the P.L.A.Y project Dr Solomon with Kerry Stubbs, Northcott Ambassador Ingrid Kelly and Northcott's Autism Project Officer Aby Hutchinson-West.

Welcome Northcott's Client and Celebrity Ambassadors

THIS year Northcott welcomes both celebrity and client ambassadors to assist in the 80th anniversary celebrations.

Jacqui Facaris and Ingrid Kelly are Northcott's 80th Anniversary Client Ambassadors, who are both excited to be able to give something back to an organisation which has given them so much.

Jacqui Facaris has been supported by Northcott since she was one and a half years of age. Now in Year 7, Jacqui has Metatropic Skeletal Dysplasia; a rare disability, loves being different and is looking forward to helping Northcott continue for another 80 years.

Ingrid Kelly is the loving mother of her two children, Jake and Jessie. As a carer of her son Jake, who is living with autism, Ingrid is passionate about building an inclusive society and is thankful that Northcott offers family-centred support.

A huge line up of celebrity ambassadors have also joined the Northcott family, including Mike Munro, Susie Maroney, funny man Stephen Abbott "Sandman", Dr Cindy Pan, Peter Wynn, Parramatta Eels player Joel Reddy, Bronze Paralympic Cyclist Jayme Paris and female cricketer Alex Blackwell.



[L to R] Back row: Northcott's Ambassadors Peter Wynn, Ingrid Kelly, Jayme Paris, Her Excellency Professor Marie Bashir, Alex Blackwell. Front row: Susie Maroney, Jacqui Facaris and Dr Cindy Pan.

Northcott opens its doors in Moree

CHILDREN and adults with disabilities and their families in the Moree area will now have access to a dedicated team providing a much-needed new service to the community, an Aboriginal Intensive Family Support program.

The Aboriginal Intensive Family Support Program provides short-term, intensive and flexible in home support to Aboriginal families with a child or young person with a disability under a high level of stress or in crisis, with focus on meeting the family's individual needs.

Northcott will aim to reduce out of home placement of children and young people with disabilities and coordinate the range of ongoing support a family needs to resolve their immediate difficulties and create a safe, stable and nurturing environment.

This service will also provide positive developmental experiences for people with disabilities.

The new office located on Balo Street was launched on 23 June 2009.

To contact the Moree Office please call Allira Cutmore on (02) 6752 6953

In The Hot Seat... *with Andrew Longhurst*

ANDREW is a community worker with Northcott and recently returned from a Rotary wheelchair group exchange program to Arizona. Andrew was able to visit similar workplaces to learn about the services they offer and to represent Australia speaking about disability services and Northcott.

My most treasured possession is... Probably my car, closely followed by my computers and my Kindle E-book reader

Hero/Idol... Superman

Worst habit... Staying up too late playing Sims 3 on my computer

My dream... I'm rather partial to "world peace" however this makes me sound like an unimaginative beauty contestant

I avoid... Definitely crossing the main road/strip in Las Vegas (I nearly got run over about a month ago... that road is crazy scary to try and cross in a wheelchair!)



Then & Now

Then: Employment opportunities for people with disabilities were in the form of sheltered workshops, where fairly simple, routine and repetitive tasks such as packaging were undertaken. This level of assigned work was contracted by manufacturers and industries.

Now: Changing perspectives of the workshop concept led to a focus on seeing the once sheltered workshop employee take a place in outside industry. Today, Northcott's specialised employment service Jobmatch, assists people with disabilities and barriers to find employment opportunities in the open labour market. Instead of isolation and segregation from the wider community, people with disabilities are employed in a variety of roles, ranging from entry level to professional positions across various industries.

For more information on Jobmatch, please contact (02) 9890 0970.



Employees working in a sheltered workshop in the 1960's.

Through the Lens...

Celebrations for Northcott's 80th year began with a mayoral reception and family picnic in April at Wagga Wagga. The celebrations were officially launched in May by our patron Her Excellency Marie Bashir AC CVO at Government House.



[L to R] Northcott clients Tom Harmer and Fred Smith, who access respite and intensive family support services in Wagga Wagga.



[L to R] Northcott client Debbye Turton, enjoying the Picnic in the Park birthday celebrations in Wagga Wagga.



[L to R] Grace McLaughlan, the daughter of a Northcott staff member from the Wagga Wagga office.



[L to R] Northcott's client ambassadors Jacqui Facaris and Ingrid Kelly, Her Excellency Professor Marie Bashir AC CVO and Kerry Stubbs.



[L to R] Members of Northcott family Russell and Elizabeth Nash.



[L to R] Members from Northcott's Orange Auxiliary Merle Barrett, Margaret Price and Phillipa Field.

Upcoming Events

Drive 4 Life

Experience the beauty of the Australian outback on a charity 4WD tour to raise funds for Northcott's equipment loan pool

What: Drive 4 Life - Simpson Desert Tour in South Australia

When: 6 – 11 August

Registration/Ticket Price: \$1,000 donation. Download information pack and booking form from www.drive4life.com.au

Spina Bifida Awareness Week

Spina Bifida Awareness Week is held across NSW each year from September 1-7. The Northcott Spina Bifida Group uses the week to highlight the achievements of people living with spina bifida and to remind the community about the importance of taking folate before and during pregnancy.



80th Anniversary Gala Dinner

Journey from Northcott's beginnings in 1929 to today to celebrate Northcott's 80th anniversary in style at the Four Seasons, Sydney. The Gala event will treat 300 guests to a night of entertainment, dancing, music, costume and a three course meal with special guest MCs for the night Jean Kittson and Peter Overton. It is rare in this day and age to see organisations operate for such a long time and to make such a difference to people that it supports, so there is plenty of cause to celebrate!

What: Northcott's 80th Anniversary Gala Dinner

When: Saturday, 31 October 2009

Time: 7pm to late

Venue: Four Seasons Hotel, 199 George St Sydney

Price: Ticket- \$195 inc GST (\$105 tax deductible)

Table (10)- \$1929 inc GST (\$1029 tax deductible)

VIP Table (10)- \$2500 inc GST (\$1600 tax deductible)

To book today please contact **Michael Johnson on 02 9890 0127 or Michael.johnson@northcott.com.au**

Are you or someone you know thinking about participating in this year's City2Surf?

Then why not get sponsored and fundraise for Northcott at the same time?

Visit: <http://www.everydayhero.com.au/event/sunheraldcity2surf09> and create an Everyday Hero fundraising page.

If you would be interested in participating as a Northcott team, **please contact Carol Hanna on 02 9890 0954**

Are you aged over 10 and under 21 and looking for a free, safe and fun way to spend your time online?

Livewire (livewire.org.au) is an online community designed especially for young people living with a serious illness, chronic health condition or disability.

Livewire is an initiative of the Starlight Children's Foundation, developed to provide a safe and supportive online space where young people can hang out, connect, share experiences and creatively express themselves

At Livewire you can:

- Hang out in chat rooms
- Create a blog and have your say
- Check out the latest games
- Enter competitions and win prizes
- Keep up with news, reviews and interviews

To become a member of Livewire today:

- Go to www.livewire.org.au
- Or call Livewire on 02 8425 5971

Membership is free and if you join Livewire by August 28, 2009, you will go in the draw to WIN an iPod touch.